

We claim:

1. A method for treating or ameliorating hypertension or high blood pressure in individuals in need thereof which is comprised of administering orally an effective amount of (-)-hydroxycitric acid.
2. A method for treating or ameliorating hypertension or high blood pressure by lowering elevated insulin in individuals in need thereof which is comprised of administering orally an effective amount of (-)-hydroxycitric acid.
3. A method for treating or ameliorating hypertension or high blood pressure by lowering elevated glucocorticoid levels in individuals in need thereof which is comprised of administering orally an effective amount of (-)-hydroxycitric acid.
4. The method of claim 1 where the (-)-hydroxycitric acid is supplied as a therapeutically effective amount of the free acid or its lactone.
5. The method of claim 1 where the (-)-hydroxycitric acid is supplied as a therapeutically effective amount of the alkali metal salts potassium or sodium (-)-hydroxycitrate.
6. The method of claim 1 where the (-)-hydroxycitric acid is supplied as a therapeutically effective amount of the alkaline earth metal salts calcium or magnesium (-)-hydroxycitrate.
7. The method of claim 1 where the (-)-hydroxycitric acid is supplied as a therapeutically effective amount of a mixture the alkali metal salts and/or the alkaline earth metal salts of (-)-hydroxycitrate or some mixture of alkali metal salts and alkaline earth metal salts of (-)-hydroxycitrate or in the form of therapeutically effective amide and/or ester derivatives of (-)-hydroxycitric acid.
8. The method of claim 1 where the (-)-hydroxycitric acid is supplied as a therapeutically effective amount as the free acid, its lactone or as one or more of the salts or other derivatives of

the free acid and is delivered in a controlled release form.

9. The method of claim 2 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of the free acid or its lactone.
10. The method of claim 2 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of the alkali metal salts potassium or sodium (–)-hydroxycitrate.
11. The method of claim 2 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of the alkaline earth metal salts calcium or magnesium (–)-hydroxycitrate.
12. The method of claim 2 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of a mixture the alkali metal salts and/or the alkaline earth metal salts of (–)-hydroxycitrate or some mixture of alkali metal salts and alkaline earth metal salts of (–)-hydroxycitrate or in the form of therapeutically effective amide and/or ester derivatives of (–)-hydroxycitric acid.
13. The method of claim 2 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount as the free acid, its lactone or as one or more of the salts or other derivatives of the free acid and is delivered in a controlled release form.
14. The method of claim 3 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of the free acid or its lactone.
15. The method of claim 3 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of the alkali metal salts potassium or sodium (–)-hydroxycitrate.
16. The method of claim 3 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of the alkaline earth metal salts calcium or magnesium (–)-hydroxycitrate.

17. The method of claim 3 where the (-)-hydroxycitric acid is supplied as a therapeutically effective amount of a mixture the alkali metal salts and/or the alkaline earth metal salts of (-)-hydroxycitrate or some mixture of alkali metal salts and alkaline earth metal salts of (-)-hydroxycitrate or in the form of therapeutically effective amide and/or ester derivatives of (-)-hydroxycitric acid.

18. The method of claim 3 where the (-)-hydroxycitric acid is supplied as a therapeutically effective amount as the free acid, its lactone or as one or more of the salts or other derivatives of the free acid and is delivered in a controlled release form.